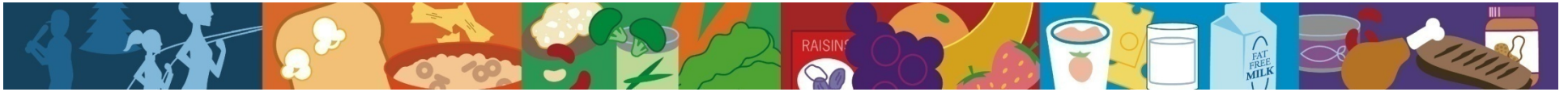


Step Up to the HealthierUS School Challenge

Insert Presenter Name
Date

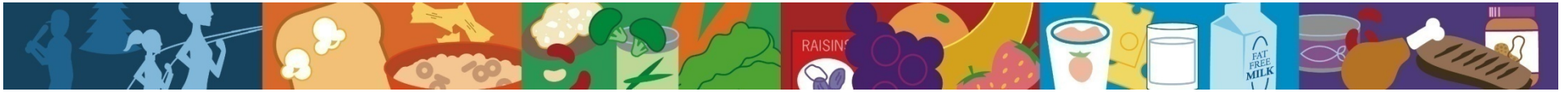




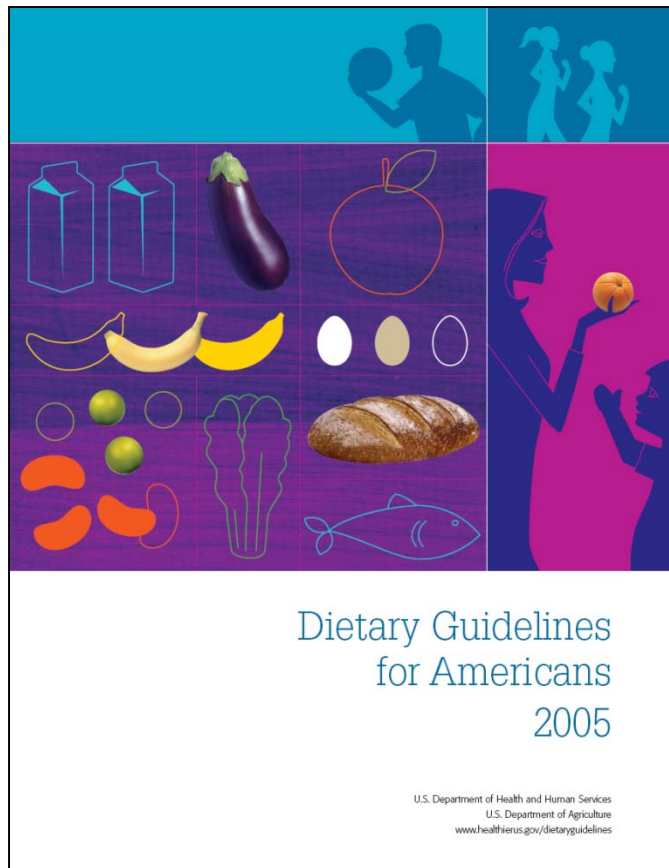
Lesson 1

The Dietary Guidelines, MyPyramid, and the HealthierUS School Challenge



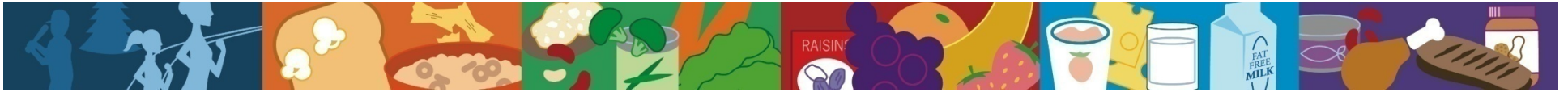


The Dietary Guidelines of Americans, 2005



- The Dietary Guidelines is the nation's primary source of health information.
- The NSLA requires that school meals be consistent with the Dietary Guidelines.

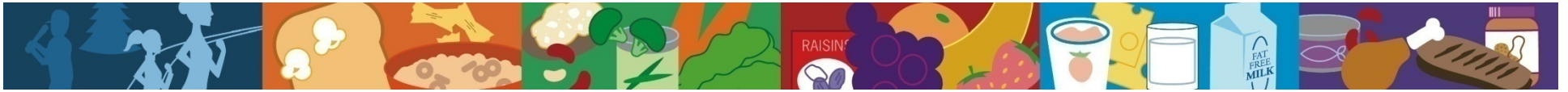




Nutrient Intake—Recommendations

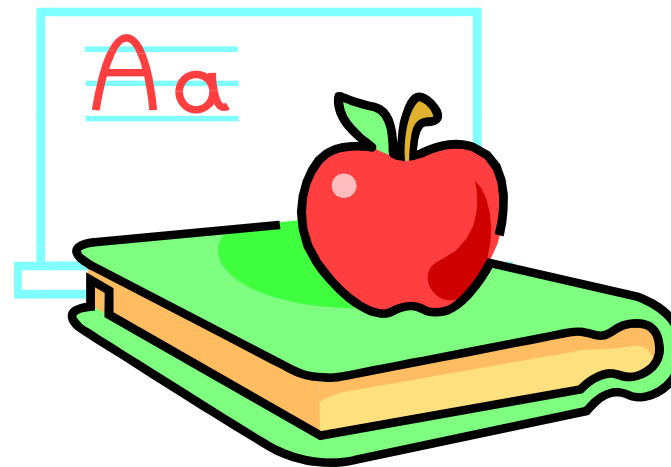
- Nutrients consumed should come primarily from foods.
- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups

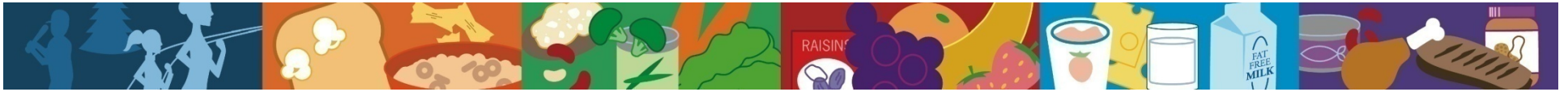




Nutrients of Concern for Children

- Calcium
- Potassium
- Fiber
- Magnesium
- Vitamin E





Dietary Recommendations— Summary

More

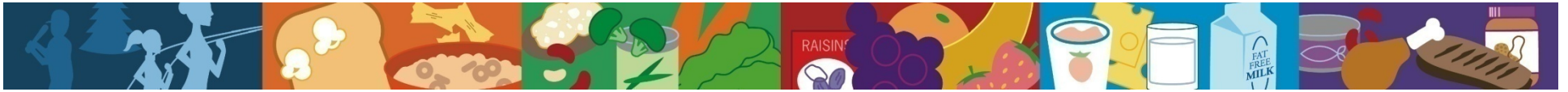
- dark green vegetables
- orange vegetables
- legumes
- fruits
- whole grains
- low-fat milk and milk products



Less

- cholesterol
- saturated fats
- *trans* fats
- added sugars
- refined grains
- sodium
- total fats

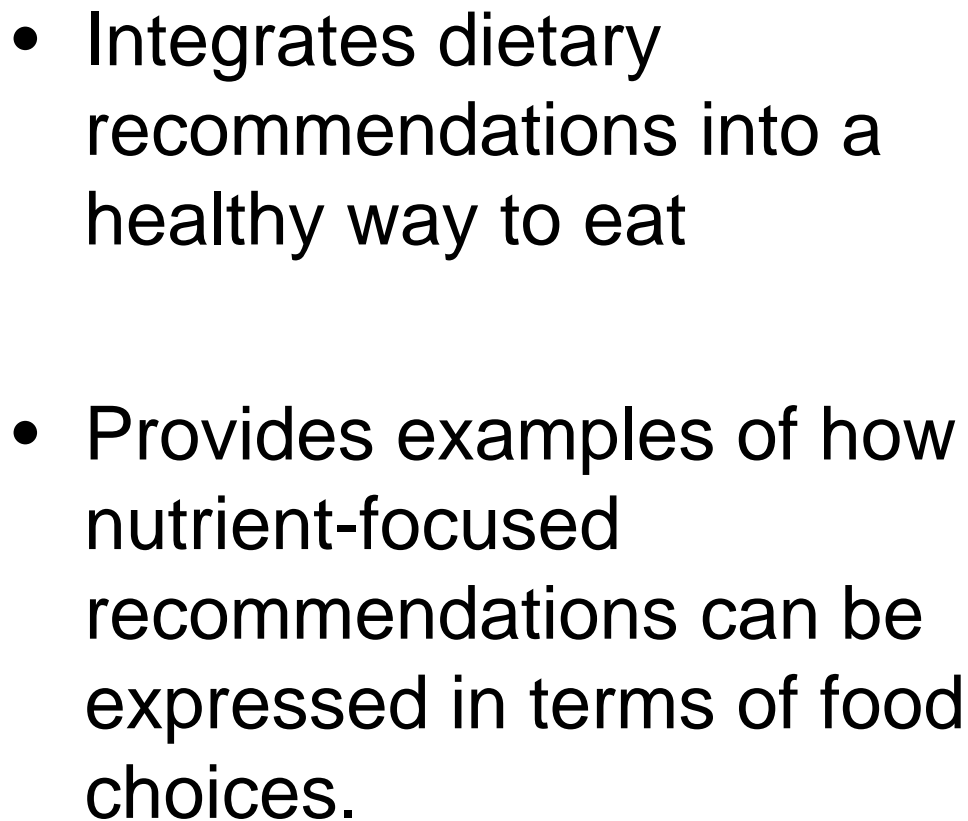


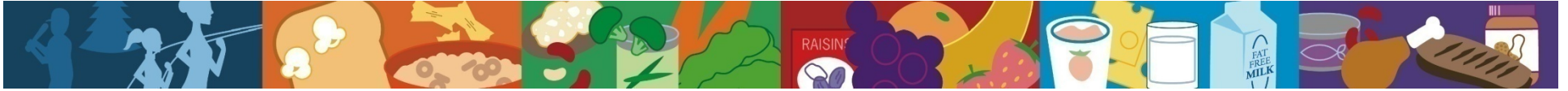


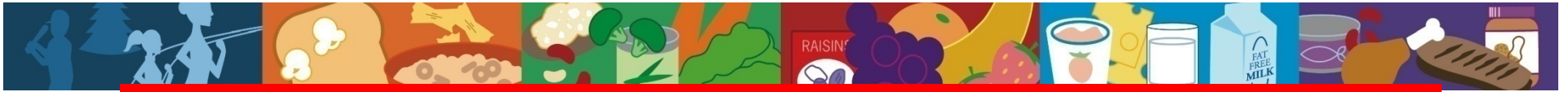
Find Your Balance Between Food and Physical Activity

- For adults, be physically active for at least 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes every day, or most every day.







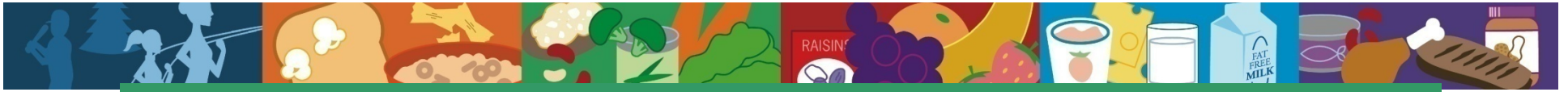


Inside the Pyramid—Fruits

Focus on fruits

- Eat a variety of fruit
- Choose fresh, frozen, canned, or dried fruit
- Go easy on fruit juice





Inside the Pyramid—Vegetables

Vary your veggies

- Eat more dark-green vegetables
- Eat more orange vegetables
- Eat more dry beans and peas





- Eat at least 3 ounces of whole-grain products every day
- Look for “whole” before the grain name on the list of ingredients

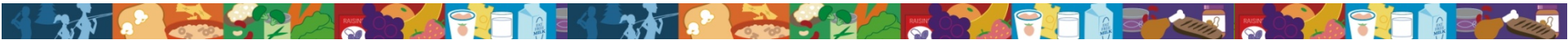


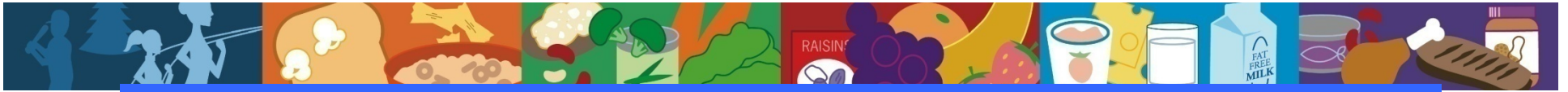


Inside the Pyramid—Meat & Beans

Go lean with protein

- Choose low-fat or lean meats and poultry
- Bake it, broil it, or grill it
- Vary your protein routine—choose more fish, beans, peas, nuts, and seeds



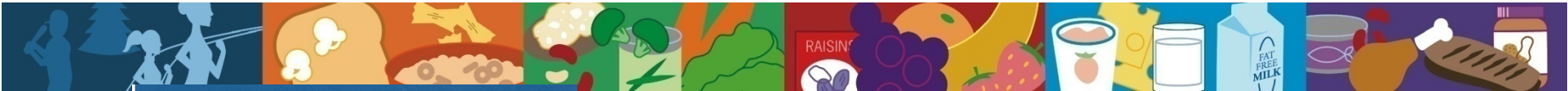


Inside the Pyramid—Milk

Get your calcium-rich foods

- Go low-fat or fat-free when you choose milk, yogurt, and other milk-products
- If you don't or can't consume milk, choose lactose-free products or other calcium sources





Mix up your choices
within each food group.



Focus on fruits. Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and ¼ cup of dried apricots or peaches).



Vary your veggies. Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweetpotatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.



Get your calcium-rich foods. Get 3 cups of low-fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese (1½ ounces of cheese equals 1 cup of milk)—every day. For kids aged 2 to 8, it's 2 cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.



Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.



Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.

Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and *trans* fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

Key food group messages from the Dietary Guidelines and MyPyramid:

Focus on fruits.

Vary your veggies.

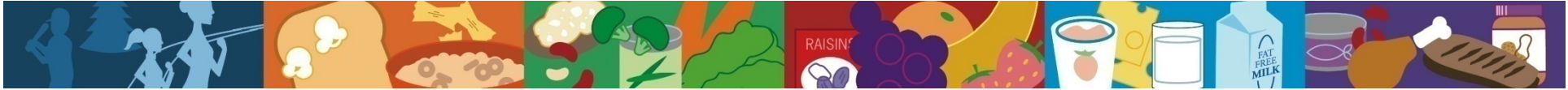
Get your calcium-rich foods.

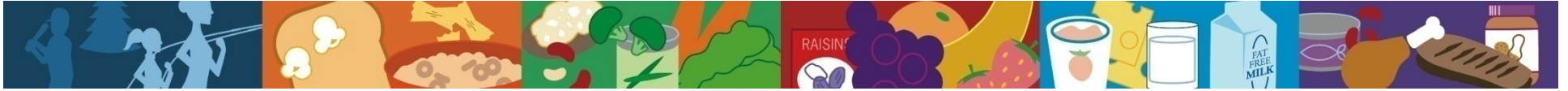
Make half your grains whole.

Go lean with protein.

Know the limits on fats, salt, and sugars.







Lesson 2

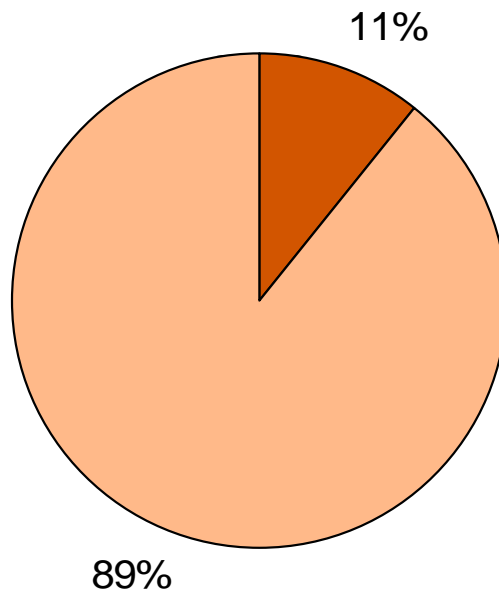
Promoting Whole Grains in School Meals



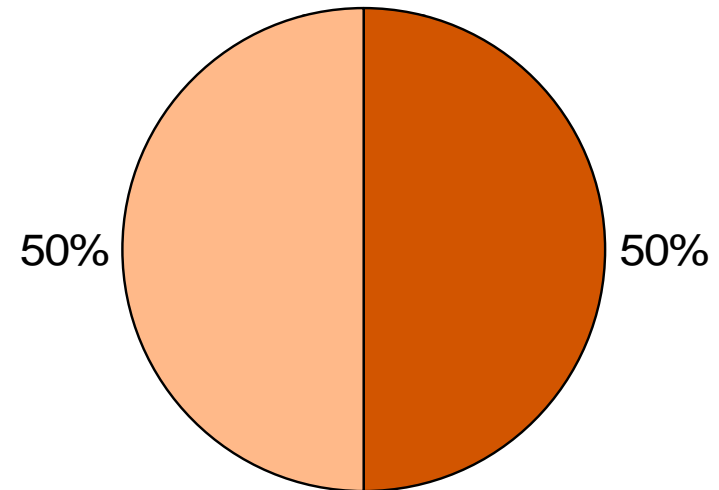


Grain Recommendations Compared to Consumption

Consumed*



Recommended




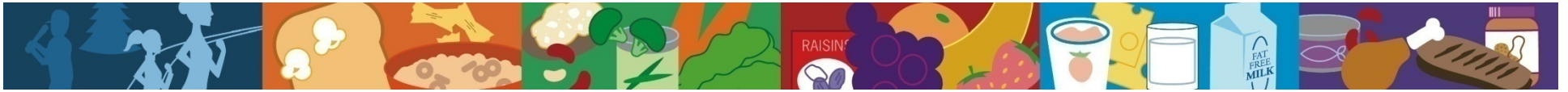
Whole Grains



Refined Grains

*Consumption by males 9-13

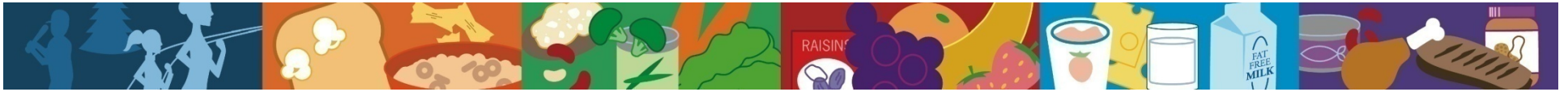




Lesson 3

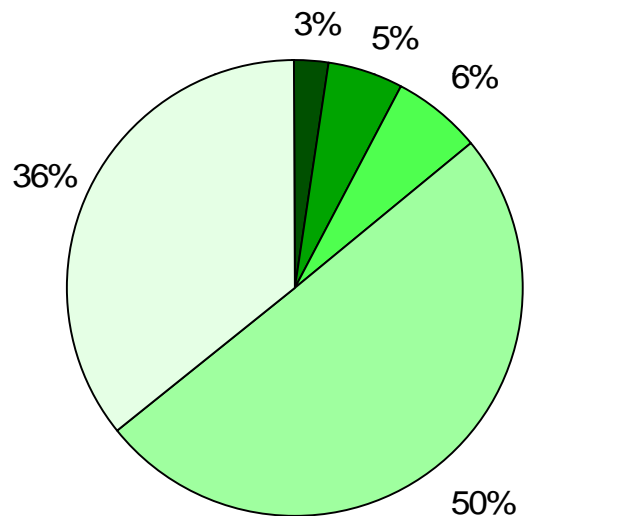
Promoting Fruits and Vegetables in School Meals



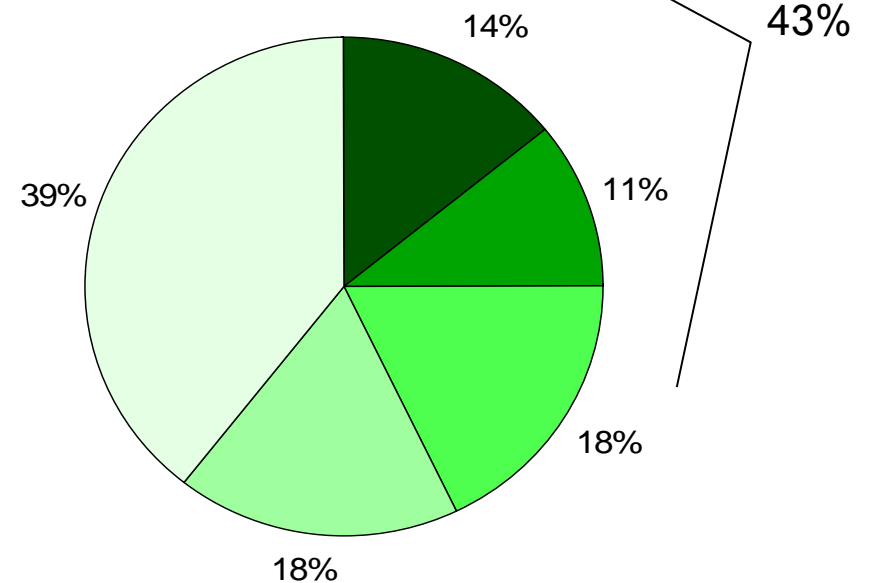


Vegetable Recommendations Compared to Consumption

Consumed*



Recommended



Dark Green Vegetables

Legumes

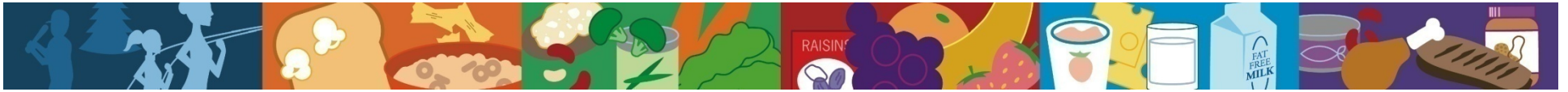
Starchy Vegetables

Orange Vegetables

Other Vegetables

*Consumption by females 9-13





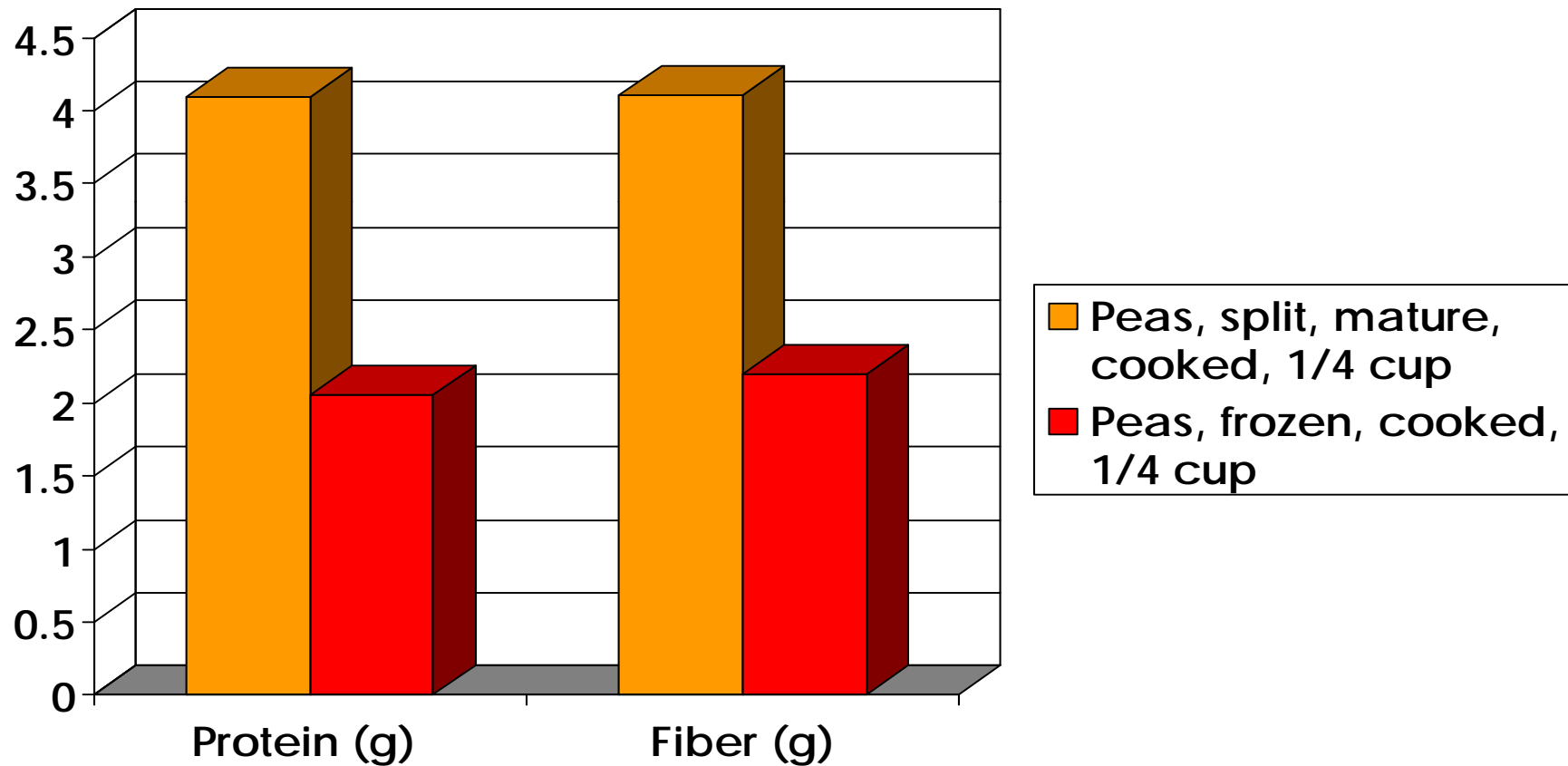
Vegetable Recommendations Compared to Consumption

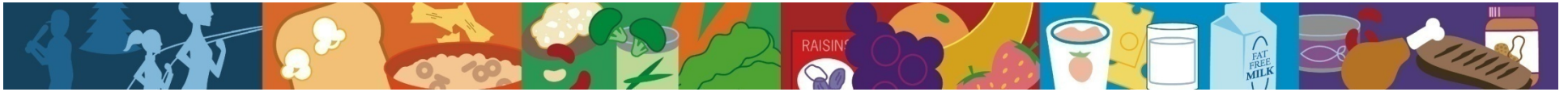
2001-02 NHANES Data on Consumption by Females
ages 9-13



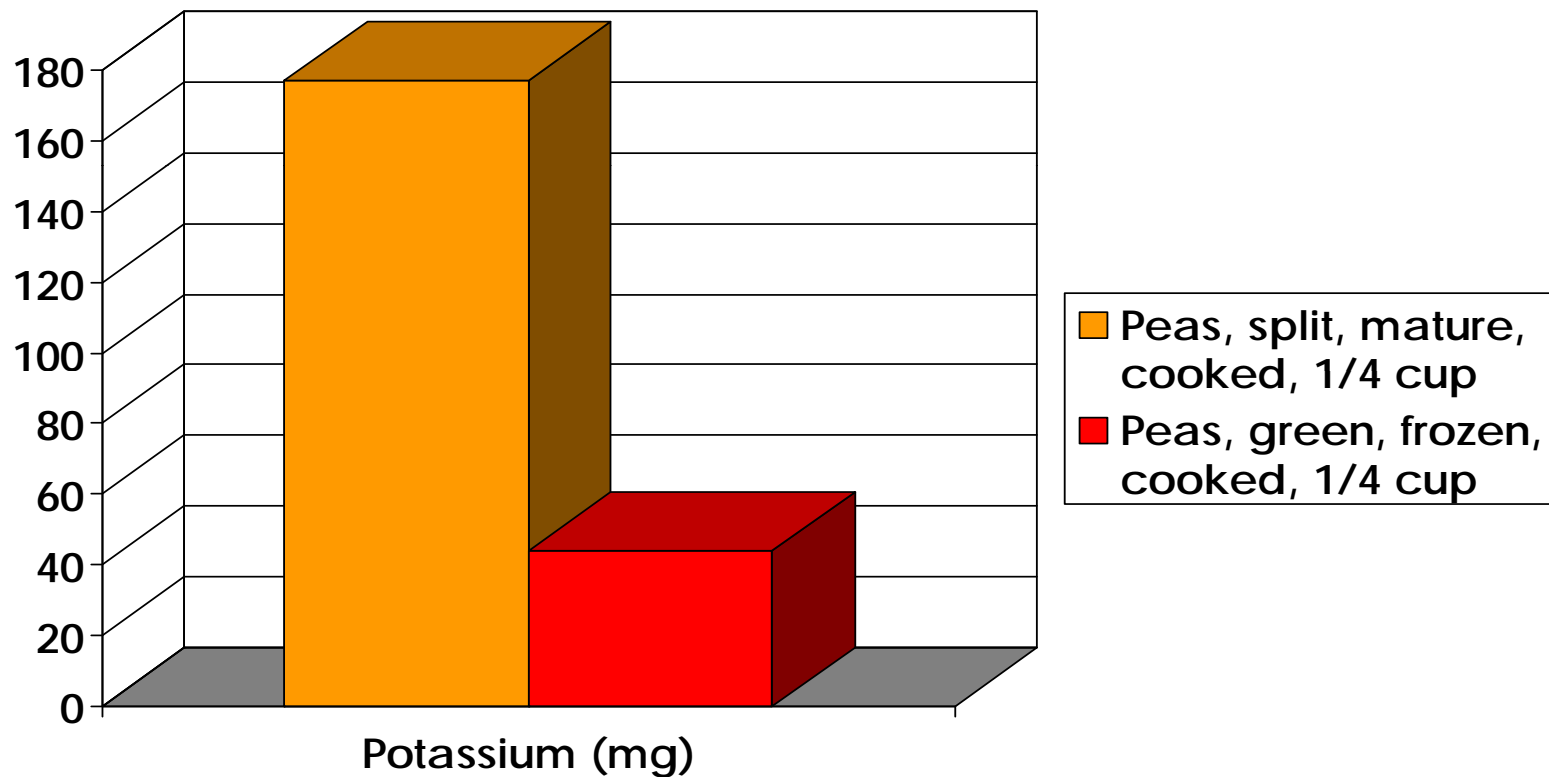
Nutrient Profiles of Peas:

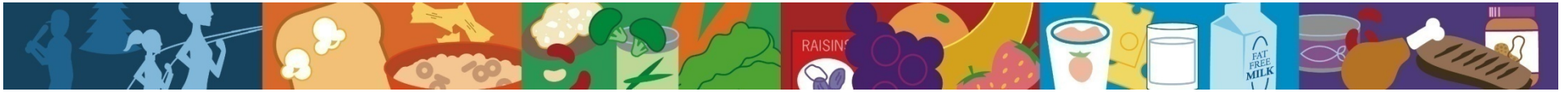
Dry and Frozen





Nutrient Profiles of Peas: Dry and Frozen

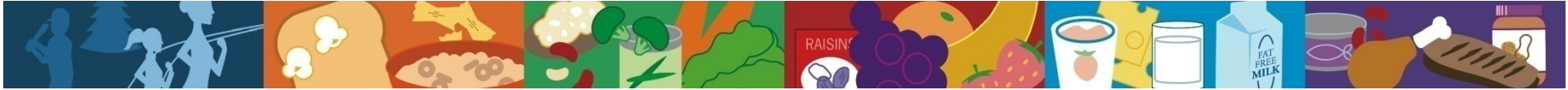




Vegetable and Fruit Sectionizer



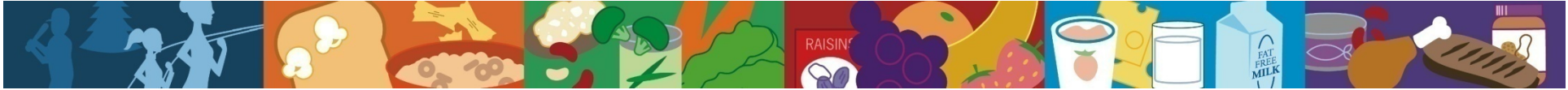






Lesson 4

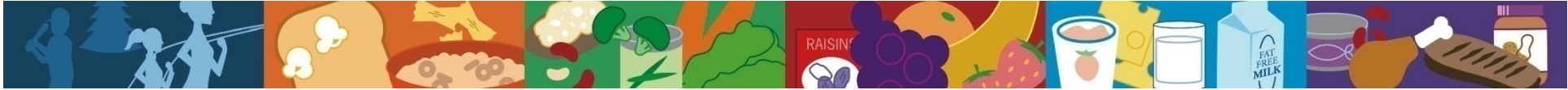
Meeting the Menu Criteria

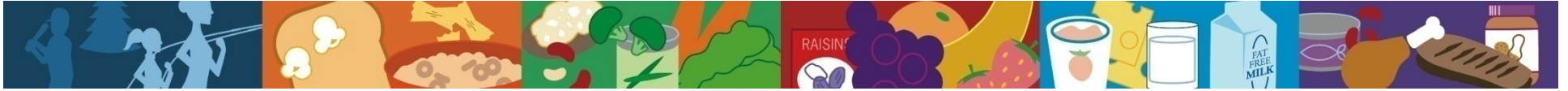




Lesson 5

Meeting the Competitive Foods Criteria



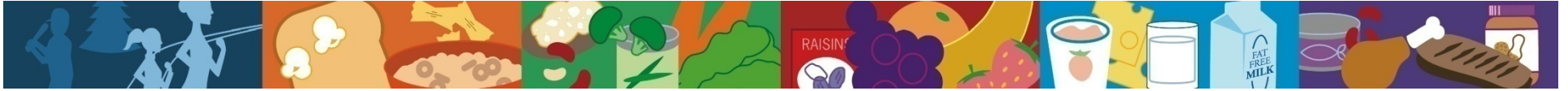


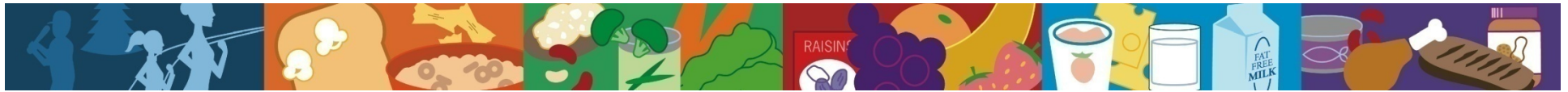
Lesson 6


Putting Your Plans into Action










**United States Department of Agriculture**
Food and Nutrition Service

**TEAM NUTRITION**

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- Search Tips

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Browse by Subject

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- School Success Stories
- Training Grants
- Resource Library
- MyPyramid for Kids
- Eat Smart. Play Hard.

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Healthy Schools

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

The HealthierUS School Challenge (HUSC) was established to recognize schools that are creating healthier school environments through their promotion of good nutrition and physical activity. Four levels of superior performance are awarded: Bronze, Silver, Gold, and Gold of Distinction.

How It Works

To be certified as a HUSC School, a school must:

- be enrolled as a Team Nutrition School
- offer reimbursable lunches that demonstrate healthy menu planning practices and principles of the *Dietary Guidelines for Americans* and that meet USDA nutrition standards
- provide nutrition education to students
- provide students with physical education and the opportunity for physical activity
- maintain an Average Daily Participation of school enrollment for reimbursable lunches
- adhere to guidelines established by FNS for foods served/sold in schools outside the National School Lunch Program.

- In the News [press]:**
Gooding Elementary wins USDA award for health
- [video]:**
Secretary Vilsack Highlights
- First Lady Urges Healthy Diet and Exercise**
- Uffelman Elementary**
- RR Oehrli Elementary**
- Competitive Foods Calculator**
- Formulas for Competitive Food Calculations**
- Award Winners**

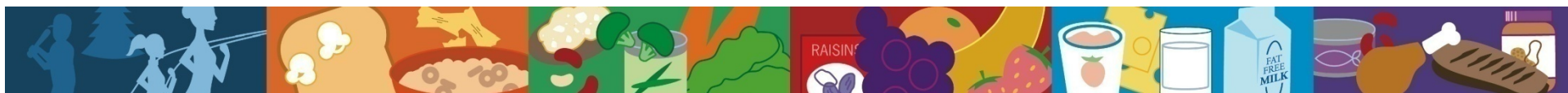




Last modified: 11/20/2009

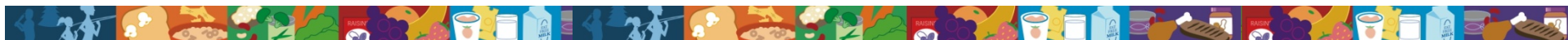
Last modified: 11/20/2009





Criteria for the HealthierUS School Challenge
Comparison Criteria for All Schools
 2/23/10

HealthierUS School Challenge Criteria	Award Level General Requirements			
	Bronze	Silver	Gold	Gold Award of Distinction
1. School enrolled as a Team Nutrition (TN) school.	√	√	√	√
2. Reimbursable lunches meet the USDA nutrition standards <i>School district had an School Meals Initiative (SMI) review within 5 years and all corrective actions have been completed.</i>	√	√	√	√
3. Average Daily Participation for lunch meets or exceeds a minimum. a. Elementary/Middle Schools b. High Schools	N/A N/A	60% 45%	70% 65%	70% 65%
4. School lunch menu allows students to select each of the food items listed below.	√	√	√	√
<ul style="list-style-type: none"> A different vegetable every day of the week. All servings must be at least ¼ cup. Of these five: <ul style="list-style-type: none"> Dark green or orange vegetables offered 3 or more days per week (of the 3, at least 2 must be different) Cooked dry beans or peas (legumes) must be offered each week (includes canned dry beans and peas). 	√ √ √	√ √ √	√ √ √	√ √ √
<ul style="list-style-type: none"> A different fruit every day of the week (fresh, frozen, canned, dried, or 100% juice). All servings must be at least ¼ cup. <i>Dried fruit must have no added sweetener (nutritive or non-nutritive); canned fruit must be packed in juice or light syrup.</i> 	√ plus 1 day/week fruit must be served fresh	√ plus 1 day/week fruit must be served fresh	√ plus 2 days/week fruit must be served fresh	√ plus 2 days/week fruit must be served fresh
<ul style="list-style-type: none"> 100% juice can be counted as a fruit only once per week. 	√	√	√	√





OMB Control No.: 0584-0524
Expiration Date: 03/31/2010

HealthierUS School Challenge Application General Information



Tips for Completing Application:

- Submit the application in a 3-ring binder.
- **Multiple schools applying in one District** that use the same menu and the same foods, may submit one 4-week lunch menu, one set of menu worksheets, and one set of recipes, food product ingredient statements, and/or Nutrition Facts Labels. However, each school must have their own cover sheet, application form, review committee verification form, food production records, competitive foods worksheet that includes a la carte information and vended items (unless they are the same throughout the district), nutrition education and physical education/activity worksheets, as well as school policies and practices checklist and wellness policy (unless it is a district policy).
- Provide details in a Cover Letter, if you use the Alternative Menu Planning Approach.

Application Navigation Tips:

1. To adjust the viewing size of the application on your screen, use the zoom box at the top of Adobe Reader; 75% to 100% often works well.



2. Save your work on your hard drive often.
3. For technical assistance regarding the HUSSC criteria please contact your state agency.
4. For technical assistance regarding the interactive HUSSC forms please contact HMRS@ars.usda.gov.

Application Guidance and Menu Development Resources:

- **Criteria for HUSSC Awards**
 - [Criteria for Elementary Schools](#)
 - [Criteria for Secondary Schools](#)
 - [Comparison Criteria for All Schools](#)
- **Fact Sheets for Healthier School Meals**
- **Frequently Asked Questions**
- **Guidance on Vegetables, Dry Beans and Peas**
- **HealthierUS School Vision**
- **Tips for States**
- **Whole Grains Resource**

Gold Award / Gold Award of Distinction Application 1





OMB Control No.: 0584-0524
Expiration Date: 03/31/2010

**Food and Nutrition Service (FNS)
HealthierUS School Challenge**
Recognizing Excellence in Nutrition and Physical Activity

Application Cover Sheet

Application for: ☐ Gold Award ☐ Gold Award of Distinction*

* To receive the Gold Award of Distinction a school must meet a stricter sodium requirement for competitive foods or meet a stricter physical education/activity requirement.

School Name

School District

School Address City

State Zip

Grades in School ☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12

Contact Person's Name and Title

Contact Person's Phone Number & Email

Date Submitted to State Agency

You must have Acrobat Reader 8.0 or above to save forms

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Your
Work!**

State

Approved by State Child Nutrition Director: Signature Date

Reviewed by: Phone:

Regional Office

FNS Region: Reviewed by:

Approved by Child Nutrition Director: Signature Date

FNS Headquarters

Application received HQ: Reviewed by:

Decision/Date: Award period:

School

Gold Award / Gold Award of Distinction Application 1

Please check when page is completed. ☐





HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

OMB Control No.: 0584-0524
Expiration Date: 03/31/2010



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Week 4 Lunch Menu Worksheet	7
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Physical Education/Activity Worksheet-Elementary Schools	9
Physical Education/Activity Worksheet-Middle and High School	9a
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HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Application for Gold or Gold Award of Distinction

Gold Award Criteria	YES	NO
1. Are you a Team Nutrition School? (Include print out of Team Nutrition verification from Team Nutrition website: http://teamnutrition.usda.gov/schoolsdb/srchpage.asp)	<input type="checkbox"/>	<input type="checkbox"/>
2. If applicable, have all corrective actions from your school's most recent School Meals Initiative (SMI) been completed?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are all lunches submitted in this application reimbursable?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do your reimbursable lunches meet or exceed the criteria in the worksheets? (Include forms on pages 4-7 and documentation for menus served.)	<input type="checkbox"/>	<input type="checkbox"/>
5. Is nutrition education provided to students that meets or exceeds the criteria in the worksheet? (Include worksheet on page 8.)	<input type="checkbox"/>	<input type="checkbox"/>
6. Is the opportunity for physical education/activity provided to students, that meets or exceeds the criteria in the worksheet? (Include worksheet on page 9/9a.)	<input type="checkbox"/>	<input type="checkbox"/>
7. Does your school meet the criteria for the award it is seeking? <i>Elementary and Middle School ADP Criteria: 62% Bronze, 70% Silver/Gold/Gold of Distinction</i> <i>High School ADP Criteria: 55% Bronze, 60% Silver, 65% Gold/Gold of Distinction</i> List ADP: <input type="text"/> month/year: <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Does your school serve/sell a la carte foods or have foods or beverages available in vending machines or a school store any time throughout the school day (including meal periods) and any place throughout the school campus? If yes, do these foods and beverages meet the competitive foods criteria listed in the worksheet? (Include printouts from the HUSSC Competitive Foods Online Calculator and product ingredient labels, Nutrition Facts Labels and/or recipes for each item.)	<input type="checkbox"/>	<input type="checkbox"/>
9. Does your school meet the School Policies and Practices criteria listed on page 11 of this application? (Include worksheet on page 11.)	<input type="checkbox"/>	<input type="checkbox"/>

The State Agency and FNS reserve the right to verify all information on the application and reject applications that are incomplete or otherwise fail to provide factual information.

School

Gold Award / Gold Award of Distinction Application 3

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HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet ☐ Gold Award ☐ Gold Award of Distinction

Dates Week 1 Menu served: _____

Week 1

Menu Planning Approach Enhanced-Mod. for the majority of children ▼

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
Vegetables: Offer a different vegetable every day of the week (at least ¼ cup serving size). Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes. more info.?	M _____ T _____ W _____ T _____ F _____	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Dark green or orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. At least ¼ cup servings are required). more info.?	M _____ T _____ W _____ T _____ F _____	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Cooked dry beans or peas (legumes): Offer at least 1 serving per week. At least 1/4 cup serving required. more info.?	M _____ T _____ W _____ T _____ F _____	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Fruits: Offer a different fruit every day of the week (at least ¼ cup serving size). Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples. more info.?	M _____ T _____ W _____ T _____ F _____	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Fresh fruit: Offer fresh fruit at least 2 days a week (at least ¼ cup serving size). more info.?	M _____ T _____ W _____ T _____ F _____	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Whole grain foods: Offer at least 1 serving of whole grain food every day, and may not be the same one each day. more info.?	M _____ T _____ W _____ T _____ F _____	M _____ g ▼ T _____ g ▼ W _____ g ▼ T _____ g ▼ F _____ g ▼	

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?

☐ YES ☐ NO

2. Does this week's menu meet the HUSSC menu criteria?

☐ YES ☐ NO

School _____

Gold Award / Gold Award of Distinction Application 4

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<p>Whole grain foods: Offer at least 1 serving of whole grain food every day, and may not be the same one each day.</p> <p>more info.?</p>	T		T	1/4 cup ▼
	F		F	1/4 cup ▼
	M		M	g ▼
	T		T	g ▼
	W		W	g ▼
	T		T	g ▼
	F		F	g ▼

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?

☐ YES ☐ NO

2. Does this week's menu meet the HUSSC menu criteria?

☐ YES ☐ NO

School _____

Gold Award / Gold Award of Distinction Application 4

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HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

OMB Control No.: 0584-0524
Expiration Date: 03/31/2010

Lunch Menu Worksheet ☐ Gold Award ☐ Gold Award of Distinction

Dates Week 3 Menu served: _____

Week 3

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
Vegetables: Offer a different vegetable every day of the week (at least 1/4 cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> more info.?	M _____ T _____ W _____ T _____ F _____	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Dark green or orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. At least 1/4 cup servings are required). more info.?	M _____▼ T _____▼ W _____▼ T _____▼ F _____▼	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Cooked dry beans or peas (legumes): Offer at least 1 serving per week. At least 1/4 cup serving required. more info.?	M _____▼ T _____▼ W _____▼ T _____▼ F _____▼	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Fruits: Offer a different fruit every day of the week (at least 1/4 cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> more info.?	M _____ T _____ W _____ T _____ F _____	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Fresh fruit: Offer fresh fruit at least 2 days a week (at least 1/4 cup serving size). more info.?	M _____ T _____ W _____ T _____ F _____	M 1/4 cup ▼ T 1/4 cup ▼ W 1/4 cup ▼ T 1/4 cup ▼ F 1/4 cup ▼	
Whole grain foods: Offer at least 1 serving of whole grain food every day, and may not be the same one each day. more info.?	M _____ T _____ W _____ T _____ F _____	M _____g ▼ T _____g ▼ W _____g ▼ T _____g ▼ F _____g ▼	

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?

☐ YES ☐ NO

2. Does this week's menu meet the HUSSC menu criteria?

☐ YES ☐ NO

School _____

Gold Award / Gold Award of Distinction Application 6

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HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

OMB Control No.: 0584-0524
Expiration Date: 03/31/2010

Lunch Menu Worksheet

☐ Gold Award

☐ Gold Award of Distinction

Dates Week 4 Menu served:

Week 4

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
Vegetables: Offer a different vegetable every day of the week (at least 1/4 cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> more info.?	M		M 1/4 cup ▼
	T		T 1/4 cup ▼
	W		W 1/4 cup ▼
	T		T 1/4 cup ▼
	F		F 1/4 cup ▼
Dark green or orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. At least 1/4 cup servings are required). more info.?	M		M 1/4 cup ▼
	T		T 1/4 cup ▼
	W		W 1/4 cup ▼
	T		T 1/4 cup ▼
	F		F 1/4 cup ▼
Cooked dry beans or peas (legumes): Offer at least 1 serving per week. At least 1/4 cup serving required. more info.?	M		M 1/4 cup ▼
	T		T 1/4 cup ▼
	W		W 1/4 cup ▼
	T		T 1/4 cup ▼
	F		F 1/4 cup ▼
Fruits: Offer a different fruit every day of the week (at least 1/4 cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> more info.?	M		M 1/4 cup ▼
	T		T 1/4 cup ▼
	W		W 1/4 cup ▼
	T		T 1/4 cup ▼
	F		F 1/4 cup ▼
Fresh fruit: Offer fresh fruit at least 2 days a week (at least 1/4 cup serving size). more info.?	M		M 1/4 cup ▼
	T		T 1/4 cup ▼
	W		W 1/4 cup ▼
	T		T 1/4 cup ▼
	F		F 1/4 cup ▼
Whole grain foods: Offer at least 1 serving of whole grain food every day, and may not be the same one each day. more info.?	M		M g ▼
	T		T g ▼
	W		W g ▼
	T		T g ▼
	F		F g ▼

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?

☐ YES ☐ NO

2. Does this week's menu meet the HUSSC menu criteria?

☐ YES ☐ NO

School


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OMB Control No.: 0584-0624
Expiration Date: 03/31/2010

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Nutrition Education Worksheet

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Grades in which nutrition education is provided:
☐K ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10 ☐11 ☐12

Elementary Schools:
Is Nutrition Education provided to at least half the grades? ☐Yes ☐No
Briefly describe below how nutrition education is provided to multiple grades and:

- Is part of structured and systematic unit of instruction such as MyPyramid lessons from Team Nutrition
- Involves multiple channels of communication, including the classroom, cafeteria, and home/parents.

Middle and High Schools:
Briefly describe below how nutrition education is offered to:

- Middle school students in at least one grade level as part of year round instruction
- High school students in at least two courses required for graduation

Involves multiple channels of communication.

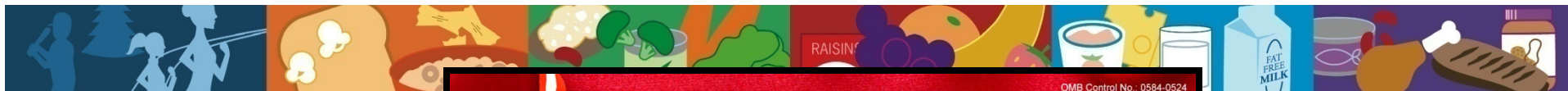
Grades	Description of Nutrition Education Efforts
	Limit 180 Characters

School

Gold Award / Gold Award of Distinction Application 8

Please check when completed. ☐





OMB Control No.: 0584-0524
Expiration Date: 03/31/2010

HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Physical Education/Activity Worksheet - Elementary Schools

Grades in which physical education classes are provided: ☐K ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8

Physical Education

Does your school offer physical education classes to *all full-day* students throughout the school year? ☐ Yes ☐ No

☐ Both Gold Awards: A minimum average of 90 minutes physical education per week.

☐ Gold Award of Distinction: A minimum average of 150 minutes physical education per week.

Physical Activity

List the average number of minutes/week that physical education is provided throughout the school year for each grade checked above.

Describe any additional daily physical activity opportunities provided to students (such as recess). Indicate time allotted for any routine activities.

Grades

Grades	List the average number of minutes/week that physical education is provided throughout the school year for each grade checked above.	Describe any additional daily physical activity opportunities provided to students (such as recess). Indicate time allotted for any routine activities.
		Limit 150 Characters

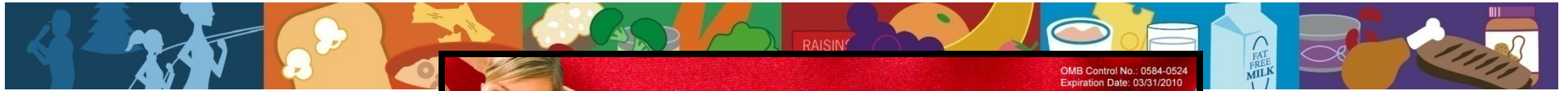
School


Gold Award / Gold Award of Distinction Application 9

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HealthierUS School Challenge
Recognizing Excellence in Nutrition and Physical Activity

Physical Education/Activity Worksheet - Middle and High Schools

Grades in which physical education classes are provided: ☐5 ☐6 ☐7 ☐8 ☐9 ☐10 ☐11 ☐12

Briefly describe below how your school offers structured physical education classes to at least two grades and provides students in all grades opportunities to participate in physical activity (intramural/interscholastic sports or activity clubs) and actively promotes participation in physical activities to all students throughout the school year. If possible, list the number of minutes per week that physical education is provided throughout the school year for each grade checked above.

Grades	Physical Education Activity

School

Gold Award / Gold Award of Distinction Application 9a

Please check when page is completed. ☐



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Competitive Foods Worksheet

Are any foods or beverages outside the NSLP sold at your school anytime during the school day? This includes in the cafeteria (a la carte or extra sales) or any other place (vending machines or school stores, etc.).

☐ Yes ☐ No

If YES, go to the online **HUSSC Competitive Foods Calculator** to determine if the food and beverages sold as competitive foods meet the HUSSC criteria. Print out results from the Calculator and include with product ingredient labels, Nutrition Facts Labels and/or recipes for each item in the application.

If this is a school made product please submit the recipe with the application.

Seconds or extra sales of entrees offered as part of the day's reimbursable lunches are exempt.

Competitive Foods Calculator

1. Fill in the name of your competitive food product and press "Add to List."

Add to List

2. Using information from the Nutrition Facts label, fill in all fields (only one sodium.) Press calculate to see results.

Nutrition Facts

Serving Size (in grams) g

Calories

Total Fat g

Sat Fat g

Trans Fat g

Sugars g

Sodium side dish/snack or entree mg

Calculate

3. Fill in your school's name. Below to your Competitive Foods List. Print and send in with your HUSSC application.

School Name:

Does your food meet the HUSSC Competitive Foods Criteria?

Print List **Clear List**

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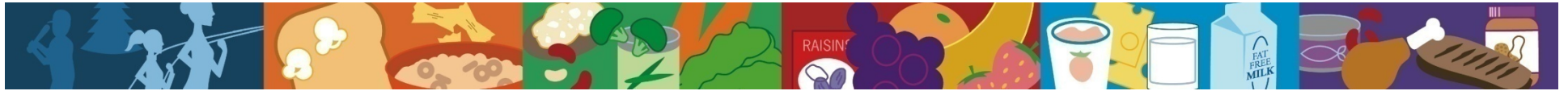
<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html>

The calculator formulas are at http://teamnutrition.usda.gov/HealthierUS/formulas_foodcalc.pdf

School

Gold Award / Gold Award of Distinction Application 10


Please check when page is completed. ☐



Competitive Foods Calculator


<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html>





HealthierUS School Challenge
Recognizing Excellence in Nutrition and Physical Activity

School Policies and Practices Checklist



School Policies and Practices		YES	NO
Fundraising	1. Are primarily non-food items sold through school fundraising activities?	<input type="checkbox"/>	<input type="checkbox"/>
	2. Do food items that are sold during the school day meet the guidelines for competitive foods?	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity	Does your school demonstrate a commitment to neither deny nor require physical activity as a means of punishment? (For example, students who misbehave are not denied recess.)	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition	Does your school demonstrate a commitment to prohibit the use of food as a reward? (For example, teachers do not offer candy as a reward to students for good behavior, or for the completion of an assignment.)	<input type="checkbox"/>	<input type="checkbox"/>
Wellness Policy	Does your school have an approved Wellness Policy included in this application?	<input type="checkbox"/>	<input type="checkbox"/>
Meal Service	Do students have the opportunity to select a reimbursable meal that meets all of the HUSC menu criteria? If so, please describe in detail. For example, include: your menu structure [number of entrees and sides, how students have the opportunity to select HUSC items on serving line(s), etc.] and how Offer vs Serve is implemented, if applicable.	<input type="checkbox"/>	<input type="checkbox"/>
	<div></div>		

School

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Gold Award / Gold Award of Distinction Application 11

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OMB Control No.: 0584-0524
Expiration Date: 03/31/2010



HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity



Review Committee Verification Form

Please read the following statement and sign below if you agree:

We have reviewed this application, and we agree that our school meals are healthy and appealing to our students. We attest to the accuracy of the information provided, including the criteria for school policies and practices specified on page 11 of this application. We agree to maintain the nutrition excellence and physical education/activity standards and procedures indicated in this application for the duration of our certification as Gold or Gold Award of Distinction awardees. Furthermore, we agree to cooperate with USDA and other organizations upon request to publicize our efforts.

<input type="text"/>	_____	_____
Foodservice Manager's Name	Signature	Date
<input type="text"/>	_____	_____
Team Nutrition Leader's Name	Signature	Date
<input type="text"/>	_____	_____
SFA Director's Name	Signature	Date
<input type="text"/>	_____	_____
Representative of the School's Parent Organization	Signature	Date
<input type="text"/>	_____	_____
Physical Education/Health Teacher's Name	Signature	Date
<input type="text"/>	_____	_____
Principal's Name	Signature	Date

Please submit your completed application and documentation to your State Child Nutrition Agency.

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Public reporting burden for this collection of information is estimated to average 3 hours per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Research and Analysis, Room 1014, Alexandria, VA 22302 ATTN: PRA (0584-0524). Do not return the completed form to this address.

School


Gold Award / Gold Award of Distinction Application 12

Please check when page is completed.

☐








HealthierUS School Challenge

Recognizing Excellence in Nutrition and Physical Activity

Application Check-off Sheet

OMB Control No.: 0564-0524

Expiration Date: 03/31/2010



Please include the following information in your Application:

Page	Form	Completed
1	Cover Sheet	<input type="checkbox"/>
2	Table of Contents	n/a
3	Application for Gold Awards	<input type="checkbox"/>
4	Week 1 Lunch Menu Worksheet	<input type="checkbox"/>
5	Week 2 Lunch Menu Worksheet	<input type="checkbox"/>
6	Week 3 Lunch Menu Worksheet	<input type="checkbox"/>
7	Week 4 Lunch Menu Worksheet	<input type="checkbox"/>
8	Nutrition Education Worksheet	<input type="checkbox"/>
9/9a	Physical Education/Activity Worksheet	<input type="checkbox"/> 9 <input type="checkbox"/> 9a
10	Competitive Foods Worksheet	<input type="checkbox"/>
11	School Policies and Practices Checklist	<input type="checkbox"/>
12	Review Committee Verification Form	<input type="checkbox"/>
13	Application Check-off Sheet	n/a

Please submit the following additional documentation:

☐ Copy of the School Wellness Policy and Team Nutrition Verification

☐ Monthly menus for reimbursable school lunches served in your school (Menus must reflect four consecutive weeks where each week has at least three days and the total number of days over the 4-week menu is 16 days or more. For example: 3 days week 1; 3 days week 2; 5 days week 3; 5 days week 4 = 16 days)

☐ Production records for the 4 weeks

☐ Documentation including recipes, food product ingredient statements, and/or Nutrition Facts labels to verify that the criteria have been met for the following: Whole-grain products; A la carte, snack bar, and vended items sold anytime, anywhere on the school campus.

Thank you for applying for the HealthierUS School Challenge.

For more information, visit the Team Nutrition Website: www.teamnutrition.usda.gov

School

Gold Award /Gold Award of Distinction Application 13





HUSSC Application Kit

- Check the Website:
www.teamnutrition.usda.gov
- Get Ready: What's it all About?
- Get Set: Tips for Meeting the Challenge
- Go: Let's Apply



HUSSC Application Kit

Contents include:

- PowerPoints for Administrators and School Foodservice Staff
- Sample Letters for Parents and Administrators
- Forms, Brochure, Applications
- Whole Grains Resource
- Vegetables and Dry Beans & Peas Resource
- Tips for Increasing Program Participation and Fundraising
- And More!

